



Healthy Minds Fairfax



Free Counseling Service for Adolescents, Youth & Families

* Short Term Behavioral Health Service For Youth

STBH Counseling Services Include:

- * Free and timely short term mental health counseling for qualified applicants — up to 8 sessions**
- * Assessment and counseling services to address depression, anxiety, intense emotions, loss, stress and trauma
- * Services provided by contracted, private mental health therapists and private non-profits
- * STBH services are available for eligible students attending the following schools:

HIGH SCHOOLS: Annandale, Bryant, Edison, Herndon, Hayfield, Lake Braddock, Lee, Mt. Vernon, Mountain View, Robinson, South County, Stuart, Woodson

MIDDLE SCHOOLS: Hayfield, Herndon, Key, Lake Braddock, Robinson

Please see your school's social worker or psychologist for more information.

**** Must meet income criteria to qualify for services**



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call Healthy Minds Fairfax (703) 324-8111, TTY 711

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SHORT TERM BEHAVIORAL HEALTH SERVICE

Your child is being recommended for behavioral health services through Healthy Minds Fairfax, System of Care Short Term Behavioral Health Service for Youth (STBH). This service is being offered to provide timely (first appointment within three to five business days of the initial referral) counseling services to your child and to assist you in securing more long term counseling services through your insurance or another community resource if that is needed. The Short Term Behavioral Health Service for Youth is funded through Healthy Minds Fairfax and all services are offered by a select group of approved providers. These services are provided at no cost to you or your family. Your child's school social worker or psychologist will assist in the referral process and selection of an appropriate STBH provider for your child.

The STBH provider will work with your child to clarify presenting concerns, help identify choices and develop a counseling plan. Your child can receive a total of eight sessions to include an assessment, counseling sessions and a wrap-up closing session. It is important to note that the STBH provider can choose to end services and charge a fee if you fail to show for scheduled appointments. If, after 8 sessions, your child is in need of longer term counseling services, the STBH provider will work with you to identify a provider that accepts your insurance and/or accepts payments on a sliding fee scale. Fees incurred for counseling services you pursue after STBH services have ended will be your responsibility. In anticipation of needing longer term services for your child, it is always in your best interest to contact your health insurance company (if applicable) to find out what counseling benefits your child is eligible to receive. You can obtain this information by calling the customer service phone number on your health insurance card.

To have your child considered for the Short-Term Behavioral Health Service for Youth, please complete the Parent Application Form and the FCPS Consent to Exchange Confidential Student Information. Your school social worker or school psychologist will assist you in getting the information to our office. Once approved, an appointment will be reserved with a STBH provider for your child. Healthy Minds Fairfax staff can be reached at 703-324-8111 and are available to answer any questions you may have about the program. STBH providers area also available to respond to your calls and will advise you of their after-hours contact policy.

Healthy Minds Fairfax coordinates a full range of mental health and substance abuse services for children and youth across multiple county agencies, the school system and private treatment providers. The goals are to help youth and families in the Fairfax-Falls Church community access mental health and substance abuse services, and improve the quality of those services